

Abstract :

Title:

Pole vaulter training

Objectives:

The main aim of this bachelor thesis is to appraise performance progress of pole vaulter and to compare different methods of different coaches.

Methods:

Data was obtained from training diaries of the pole vaulter. Subsequently, this data was arranged into graphs and charts and then was assessed by logic consideration. The main method of this bachelor thesis is method of quantitative analysis.

Results:

According to analysis of training data I found out that the performance of the pole vaulter was mainly influenced by the lack of speed and speed persistence training.

Key words:

Athletics, pole vault, training, analysis.